which cross the ring groove at least in part and wherein the free end of the piercing section (18) is provided with a ring-like cutting edge (30), wherein a ring-like bead (32) is provided at the piercing section (18) between the ring-like contact surface (20) and the free end of the piercing section (18) and wherein a ring recess (34) is provided around the piercing section between the bead (32) and the free end face of the piercing section,

wherein the method includes the following cold forming steps:

a) an initially cylindrical blank is made in one or more steps into a blank (120) for the functional element (10) with the end face of the cylindrical portion and also the opposite end of the blank each being indented to form respective indents (128; 132) and the body part (18) with the ring groove (21) and a cylindrical section (136) , which is later shaped into the piercing section (18), and also optionally features(26) providing security against rotation being produced in the region of the ring groove (21) and/or at the cylindrical section (136),

b) material adjacent to the end face of the cylindrical section is shifted in the direction towards the ring-like groove (21) to form the ring-like bead (32) while reducing the outer diameter of the cylindrical section (136) in the region of its end face, wherein, on the formation of the bead (32) in the form of a turn of a thread or of a plurality of sections (32'; 32") of a thread, the ribs (26; 26") providing security against rotation are also shaped at their free ends,

c) in a further step, the end face of the functional element (10) is deformed and enlarged in diameter in order to form the cutting edge (30) at the end face of the cylindrical section and a ring groove (34) around the cylindrical section between the end face of the cylindrical section and the bead,

d) the thus finished manufactured blank is subsequently pierced or is simultaneously pierced by means of a hole punch in the region between the two indents (130, 132) and, if desired, the pierced region is subsequently provided with a thread.